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METRO ANALYZES 20 YEARS OF DATA ON DISRUPTIVE AIRLINE PASSENGERS IN CANADA

PAGE 14

Stampeders, Esks take on violence against women

Effort comes on the heels of the NFL dealing with Ray Rice PAGE 6

Man knocked unconscious by falling tree limb

Father of three had been working outside his Shawnessy home PAGE 3

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The wheels on the bus go too slow for parents

Ride delays, no-shows. Provider offers signing bonus in hopes of recruiting more drivers

Weeks into the school year, some Calgary parents say they're still dealing with frequently late school buses — some don't show at all — and are raising questions about driver preparation and service reliability as the bitterly cold winter months loom ahead.

Marc Doll's five-year-old twin girls went for quite the ride aboard a Southland Transportation bus after attending their first day of kindergarten at a Francophone school just a five-minute drive from their Garrison Woods home Sept. 8.

He said panicked parents and his daughters' nanny waited for their kids for hours, only learning of their whereabouts after a student placed a cellphone call to his caregivers claiming they had been driven to the Calgary International Airport. It was nearly 7 p.m., more than three hours after the bell, before the bus pulled into his neighbourhood — the driver then asked Doll for directions.

He said he worries about service come wintertime and puts some of the blame on a labour shortage in the city.

Elsewhere, Diane Fjaagesund said First Student Canada buses due to pick up two of her five kids from their Sandstone neighbourhood have proven rather unreliable.

On Monday, she received a call informing her that the bus for her son, who attends Nose Creek School, had broken down and a replacement ride wasn't available. Fjaagesund works nights and told her son she was keeping him home for the day so she could catch some shut-eye — then a bus rolled up at 10:30 a.m., nearly three hours late.

Fjaagesund said a bus that was supposedly due to transport one of her older kids to Simon Fraser School hasn't shown three mornings out of the first 10 this year.

"I really don't know what's going on with the buses this year … I expect it a bit in the winter, but not now," she said.

Mike Stiles, an assistant location and safety manager with First Student, said he's currently about 35 drivers short and launched a new recruiting effort Friday that offers new employees a $1,000 signing bonus.

Such a perk hasn't been on the table since 2007, when the economy was booming and few wanted to drive a bus, Stiles said. He added, however, that he believes service struggles this year aren't as bad as they were in 2013-14.

JEREMY NOLAIS/METRO

A POLITICAL LAUGH

Jim Prentice has a laugh with newly appointed Health Minister and former Edmonton mayor Stephen Mandel Monday in Edmonton, after Prentice was sworn in as Alberta's 16th Premier. Story, page 5.

JASON FRANSON/THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
SNOW TAB
Calgary expects the cleanup tab for all the snow-damaged trees to top $8 million and plans to apply to the provincial-federal Disaster Recovery Program to recoup some of the cost.

2
WHERE IS THIS MAN?
RCMP and Calgary police are looking for 31-year-old Bradly Barry Kowalczyk, who is wanted on several fraud charges in southern Alberta relating to online classifieds.

3
DUFFY DRAMA CONTINUES
The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4
LOVE QUIRKY CANLIT?
Newly launched website alllitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5
THE FORCE IS STRONG
Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Caution urged after falling limb knocks man out, fractures skull

Snow aftermath.
38-year-old father hospitalized with serious injuries after being struck by poplar branch

ROBSON FLETCHER
robson.fletcher@metronews.ca

Claire Taylor, her husband, Simon, and their children, Matthew, 12, Nathan, 9, and Hannah, 7, are seen in this family photo. CONTRIBUTED

Claire Taylor was at home studying on Saturday afternoon when she heard a crack, looked out the window, and saw her husband, Simon, soaring sideways through the air.

His body was limp, "like a rag doll," she said.

The 38-year-old father of three had been working outside the family's Shawnessy home on a ladder, trying to clear broken branches left behind by the heavy snowfall a few days prior, when part of a poplar above him gave way, and started to fall.

"He heard the crack, and was coming down the ladder to get away from the tree, and it swung like a pendulum and hit him smack in the face, and actually knocked him out," Claire said. "I ran out and he wasn't moving; he was non-responsive."

Claire called 911, and when Simon eventually regained consciousness, it was clear his injuries were serious.

"He was groaning like a zombie," she said. "He was in real pain."

EMS spokesman Stuart Brideaux said responders attended the area around 4:30 p.m. and transported a man in his late 30s to Foothills Hospital in serious but non-life-threatening condition.

Claire said Simon, an engineer who stands six-foot-six and has "worked at heights and done tree work before," suffered skull fractures, broken ribs and a bruised lung.

He's recovered enough to send her text messages from the hospital but she expects a full recovery will take weeks, maybe months.

Friends have rallied behind the family, who moved to Calgary so Claire could study glasswork at the Alberta College of Art and Design, contributing more than $4,300 in less than 16 hours to an Indiegogo campaign to support them while Simon is off work.

"I've been amazed so far by the response," said Olivia Grace Steckly, a friend of Claire's and fellow ACAD student.

Steckly said the support is particularly needed, given Claire is a full-time student and originally from the U.K., meaning her school fees are three times what a Canadian would pay.

Claire said she's relieved Simon wasn't more seriously injured. While in hospital, she said, she heard of several other people who had been admitted for injuries sustained while cleaning up tree debris.

Brideaux said it's not clear to EMS how many injuries have resulted from the snowstorm's aftermath, because they aren't always recorded as such.

He also noted 90 per cent of ER admissions arrive in hospital by means other than an ambulance.

The city was still dealing with 3,400 outstanding service requests for "tree emergencies" as of Monday, according to Calgary Emergency Management Agency deputy chief Tom Sampson, who advised the public to be aware of weakened overhead branches.

"We know more are going to come down," Sampson said.

The city is still urging everyone to stay out of all parks with mature trees, but many Calgarians have been ignoring the request.

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Rapid growth 'most critical topic': City's new manager

Jeff Fielding. Top bureaucrat lays out blunt vision in first major report to council

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's new city manager brought a blunt message to council Monday: Pull your heads out of your you-know-whats.

Jeff Fielding stopped short of saying the synonym for donkey, but his point was nonetheless clear: Calgary needs to wake up and do something collectively to address its explosive rate of growth.

"We're talking about spending a huge amount of money that's directed towards making this city the best it can be," he told councillors. "And we've got to get our heads out of — I was going to use a bad word there — and do something better."

The city's top bureaucrat, who took over the job in June and oversees a staff of roughly 15,000 people, said urban planning has to go beyond just the planning department.

Too many members of council — and city staff, for that matter — choose to "run and hide" every time the topic comes up, Fielding said.

"That's not the way to run a corporation," he said. "This is our most critical topic, and we've got to figure out how we're going to do this."

Fielding is convinced Calgary is now "the fastest growing city in North America" and believes it's likely the population will continue to grow at an accelerating rate — something he described as untenable under the current framework of municipal and provincial policies.

"We can't eat the cost of growth on this side, at 40,000 people annually, so we have to figure out how we deal with this," he said. "I'm not asking for a tax increase. I'm asking for council to duly consider what our financial position is and how we're going to respond."

The provincial government also needs to come to the table with a new deal for Alberta's biggest cities, Fielding added.

"Either that MGA (Municipal Government Act) has to accommodate our needs or we need to get a city charter that's specific to Edmonton and Calgary," he said.

The total "institutional investment" from government and the private sector will see between $20 and $30 billion worth of projects "put into the ground in this city" over the term of this council, Fielding said.

"Let's focus in on what we need to do with our investment and how it's going to leave a legacy for this city," he told councillors. "Because you're building a legacy that's a one-time opportunity."

Calgary city manager Jeff Fielding is seen in this file photo. ROBSON FLETCHER/METRO FILE

Conduct. Staff must be held to higher standards: City manager

Everyone working for the City of Calgary should be held to a higher level of personal conduct in both their public and private lives, new city manager Jeff Fielding suggested Monday.

"We're all held to a standard in public service, and that standard is higher than somebody that works in the private sector, who's not in front of the public," he said.

Citing the recent example of Baltimore Ravens' running back Ray Rice, who was suspended indefinitely from the NFL for punching his soon-to-be wife unconscious in a casino elevator, Fielding said the standards employers set for their employees, away from the job, are always evolving.

With respect to the city, as an employer, Fielding said: "We need to figure out how we want to deal with behaviour and how that speaks to the organization."

Coun. Diane Colley-Urquhart suggested councillors, themselves, should practise what they preach.

"When council passes policies on the respectful workplace and ethics and conduct for administration, but yet we don't adopt it ourselves or expect it from our (political) staff, there's a disconnect there," she said.

Coun. Druh Farrell said city employees are often "easy" targets for public potshots, however, and questioned how that impacts the city's ability to attract and retain top talent.

"I'm hearing the impact is quite severe, and it's growing," she said. "And it's a big concern to me."

ROBSON FLETCHER/METRO

Replacement schools could miss target opening

Calgary public school officials warned Monday that a flood-damaged school in need of repair, and a replacement facility embroiled in a legal dispute, both could miss targeted September 2016 opening dates.

Elbow Park School is due for a complete interior rebuild but officials hope to maintain some of the building's exterior facade. The complexity of the project could see the school open late, said Frank Coppinger, Calgary Board of Education superintendent for facilities and environmental services.

He also hinted that ongoing legal action from 30 residents in Varsity opposing the development of a new Christine Meikle School for special-needs students on a green space near their homes could also have an impact.

It was a sharp turn in confidence from Coppinger's comments to Metro on the Meikle project last week, in which he said the CBE's legal team was handling the file but his department was "ignoring it" and proceeding with construction as planned.

"I can't say too much, but, as you're aware, there is a court appeal," Coppinger said Monday.

It was the first sign of struggles with some of the 17 school projects being handled by the Calgary Board of Education after plans from the Alberta government to construct them fell through.

Coppinger said, however, the other 15 projects remain on track.

Nathan MacBey, a parent representative for the students at Elbow Park (who are currently learning in a modular school erected on the fields of nearby Earl Grey) said he believes the CBE is doing all it can to meet the needs of families in his community.

"We're still optimistic and happy with the effort that's going into this for sure," MacBey said.

JEREMY NOLAIS/METRO

School projects

17

The 17 school projects being handled by the Calgary Board of Education included 12 new builds, three modernizations and two replacement schools.

Elbow Park School is due to have its entire interior rebuilt. METRO FILE

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Prentice sworn in with new cabinet

Jim Prentice THE CANADIAN PRESS

Politics. Two unelected ministers joining new premier in legislature

Jim Prentice was sworn in officially as Alberta's 16th premier Monday, and brought several new cabinet faces with him.

Prentice was sworn in at a government house ceremony along with his new smaller cabinet, which includes two unelected ministers.

Former Edmonton mayor Stephen Mandel will take on the health portfolio and former Calgary Board of Education chair Gordon Dirks will be the education minister.

Prentice said both men have remarkable records and would soon face byelections to get seats in the legislature. He said he believed Albertans would support them.

"Albertans are heartened by the fact that there are some pretty strong people stepping forward, in the spirit of public service," he said.

He promised both men would have seats before the legislature resumed for the fall session, which he said would be slightly delayed.

Robin Campbell will be finance minister, while the municipal affairs job will be held by Diana McQueen.

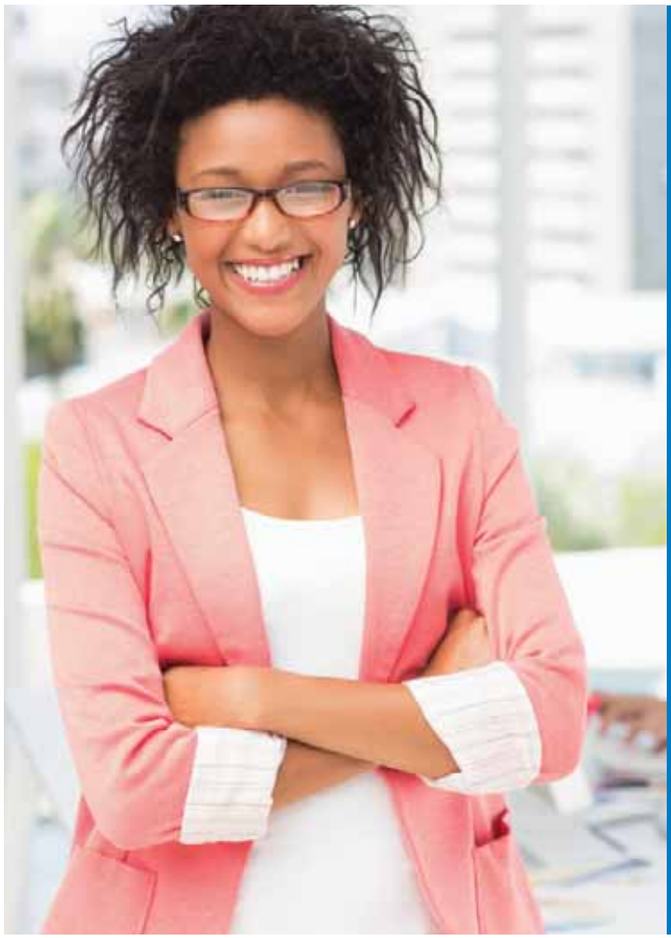
Former ministers Doug Horner, Doug Griffiths and Fred Horne were all removed from cabinet.

Prentice left two portfolios for himself, as the minister of aboriginal relations and international and intergovernmental affairs.

In his speech following his swearing-in, Prentice promised Alberta significant change.

"As of this moment, Alberta is under new management," he said.

RYAN TUMILTY/METRO IN EDMONTON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Homicide suspect surrenders

Calgary police say the man charged Monday in a domestic homicide turned himself in.

Scott Monrow, 24, a.k.a. Scott Monrow Ferguson, faces a count of second-degree murder after a woman in her 40s was found dead in the Mission area.

Police arrived on scene in the 200 block of Holy Cross Lane around 12:30 p.m. Sunday after receiving two calls, according to Staff Sgt. Colin Chisholm.

It's believed Monrow and the victim, who hasn't been formally identified, were in a relationship, Chisholm said.

An autopsy conducted Monday revealed she died of stab wounds.

"We believe this was a short-lived confrontation that led to the stabbing," Chisholm said.

He said it's believed the accused and victim had been together for a year and a half.

"There were two 911 calls that came in (Sunday)," Chisholm told reporters. "One from an associate of the accused — Mr. Monrow — and then, a short time later, Mr. Monrow made a second phone call from a different location requesting that police attend so he could turn himself in.

"We had no reported history here in the Calgary Police Service with this couple at all."

Chisholm said police are still looking for the knife used in the killing, adding Monrow has been co-operative with the ongoing investigation.

Officers were still working to notify the victim's family and would only identify her after doing so, Chisholm said.

JEREMY NOLAIS/METRO
WITH FILES FROM NEWS TALK 770

By the numbers

26

The homicide Sunday in the Mission area is the city's 26th of 2014.

Shooting. Charge is now murder, in death of innocent bystander

Police have upgraded charges against a man accused in the shooting death of an innocent bystander last month.

Natasha Farah was shot and killed early Aug. 23 in front of Bronco Smokehouse and Saloon, where she had been standing and talking with friends.

Farah was a public relations specialist who recently had moved to the city from Toronto.

Hussein Ibrahim, 21, was originally charged with reckless discharge of a firearm.

Police said Monday that charge has now been upgraded to second-degree murder.

Ibrahim is to appear in court Friday.

METRO

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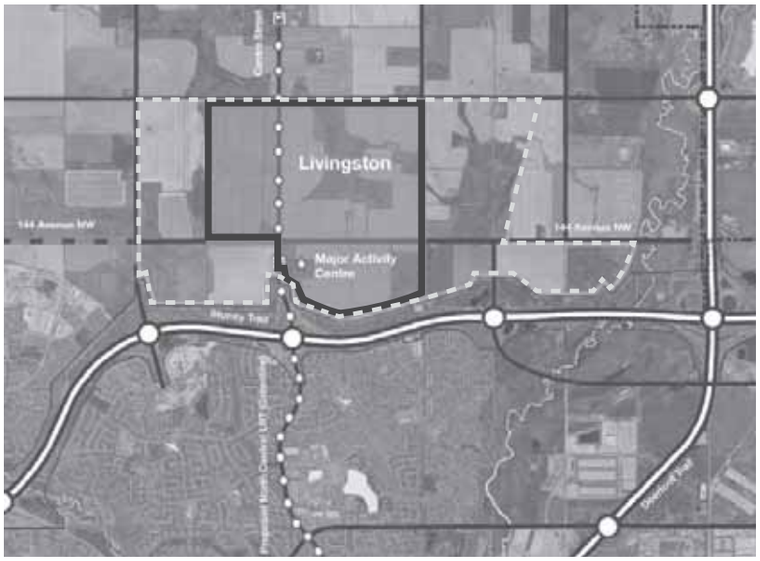
Brookfield Residential is hosting a second Virtual Open House for Livingston, a vibrant community proposed in North Calgary. We are in the early planning stages of our next neighbourhood, Livingston Stage 2, and we would like to hear from you.



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We look forward to connecting with you online!

Virtual Open House Details
Date: September 17, 2014
Time: 4:00pm - 8:00pm
Place: www.livingston-keystone.ca

Calgary Stampeders' Randy Chevrier and Anthony Parker were among those speaking to the St. Mary's High School junior and senior football teams on Monday about The Leading Change: The Alberta CFL Project. CANDICE WARD/FOR METRO

Stamps, Eskimos program tackles domestic violence

The Leading Change. Program will focus on mentoring young men to recognize and change abusive behaviour

Recent domestic violence headlines in news have the Calgary Stampeders, the Edmonton Eskimos and the Alberta Council of Women's Shelter (ACWS) teaming up to put an end to violence against women.

The Leading Change: The Alberta CFL Project, kicked off on Monday, on the heels of the NFL dealing with Ray Rice's domestic violence case. Participants will focus on the mentorship of young men to recognize and change abusive behaviour.

The ACWS believes that the key to stopping domestic violence is prevention — and the role men and boys can play.

Calgary Stampeders' defensive back Keon Raymond knows the effects of violence against women all too well, as he watched his mother go through it when he was a child.

Since taking the training through ACWS, Raymond said he's now more aware of the day-to-day fears and safety concerns that women face.

"Just knowing that my wife is scared sometimes just because of her safety, tells me how important this is," said Raymond.

The program will focus on real-life scenarios that will help boys aged 11 to 15 to recognize abusive behavior, and develop the confidence and skills to interrupt behaviour that feeds a culture of violence towards women.

"This is not just a woman's issue, this is a man's issue," said Raymond.

"Once we start to get these kids to understand that change starts with us, we will open the door to more conversations."

CANDICE WARD/FOR METRO

$33-million suit. Woman loses fracking case appeal, plans to go to Supreme Court

An Alberta woman has lost her appeal to sue the province's energy regulator over hydraulic fracturing on her property.

Jessica Ernst launched a $33-million lawsuit against the Alberta government, the province's energy regulator and energy company Encana.

She claims gas wells fracked around her land northeast of Calgary unleashed hazardous amounts of methane and ethane gas, and chemicals, into her water well.

Last fall an Alberta Court of Queen's Bench judge ruled that Ernst can't sue the energy regulator because it is immune from private legal claims. The Alberta Court of Appeal has upheld that ruling. Ernst says she will continue her lawsuit against the province and Encana.

"Protecting administrative tribunals and their members from liability for damages is constitutionally legitimate," the panel of appeal court judges said in the ruling released Monday.

Hydraulic fracturing involves pumping water, nitrogen, sand and chemicals at high pressure to fracture rock and allow natural gas or oil to flow through wells to the surface.

Jessica Ernst in her home in Rosebud, Alta. JEFF MCINTOSH/THE CANADIAN PRESS

Ernst said she plans to seek leave to appeal Monday's ruling to the Supreme Court of Canada. THE CANADIAN PRESS

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Sandwich for a Story: Great deal for helpers of homeless

'They're not all that different.' Group hopes to encourage others to sign on with initiative

JEREMY NOLAIS
jeremy.nolais@metronews.ca

University of Calgary student Sam Sawchuk, armed with a sandwich, approaches homeless people in hopes of capturing their stories. CANDICE WARD/FOR METRO

Sandwiches are being used as conversation starters by two students hungry to humanize the homeless.

Sam Sawchuk, a student at the University of Calgary, and Evan Beck, who attends Queen's University, have been offering up ham-and-cheese on rye, tuna salad and more to those down on their luck. Then they ask people to share a bit about themselves while they munch away.

The initiative, known officially as Sandwich for a Story, takes those tales and shares them on its website.

"It's really about showing that they're not all that different from us," Beck said, noting some of the people he's met simply caught a bad break or two. "I got a chance to meet a lot of these people, and they are just regular, working-class people."

Sawchuk agreed with his partner. "A lot of people walk by them every day and just completely disrespect them without really knowing anything about them."

The duo believes empathy stems from familiarity — that is, a wealthy businessman may take a second glance and consider helping a panhandler if he realizes they may have previously walked in his shoes.

One of the more interesting subjects the pair has found was a man who actually wanted to stay homeless.

"He didn't necessarily like getting welfare and things like that," Sawchuk said. "He talked about the friendships you form with people on the streets. They all look out for each other."

Beck, who is from Calgary, is majoring in psychology and political science at Queen's. He's keen on delving into the psyche of the homeless and is planning to spend some time living at the Calgary Drop-In & Rehab Centre this coming December.

To date, Sandwich for a Story has offered up 60 to 70 lunches and, in return, been granted consent to share a few stories on their website.

All about

Sandwich for a Story is active in Calgary, Vancouver, Raleigh, Seattle and elsewhere.

- Check out sandwichforastory.com or twitter.com/sandwich4astory.

Enterovirus D68

Unclear whether virus that's struck 18 Albertans is same as in U.S.

Alberta Health officials have confirmed 18 cases of a severe respiratory illness in the province but are still working to confirm if it's the same strain that's been reported in several U.S. states.

Enterovirus D68 has symptoms not unlike those of the common cold, but can lead to breathing issues and wheezing in young children.

A spokesperson for Alberta's health ministry said Monday that officials were still working to determine if the strain was linked to cases in areas such as Alabama, Kansas, Missouri and New York. In total, 104 American citizens in 10 states are believed to have come down with the illness from mid-August to mid-September.

"In general, infants, children and teenagers are most likely to get infected with enteroviruses and become ill," reads an advisory posted to the U.S. Centers for Disease Control and Prevention. "That's because they do not yet have immunity from previous exposures to the virus."

Children with asthma seem to be at higher risk of infection, the centre said.

Alberta Health officials said Monday they were watching the situation closely. JEREMY NOLAIS/METRO

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Upside to Snowtember? Plenty of free firewood

Need some fuel for your backyard fire? Go ahead and take the branches that have fallen all around the city since last week's heavy snowstorm. You've got the blessing of the mayor and the head of the Calgary Emergency Management Agency (CEMA).

"Why not?" acting CEMA director Tom Sampson said Monday when asked. "That results in less chipping."

Mayor Naheed Nenshi said the city's parks department might consider "even going a step further" and making it easier for Calgarians to help themselves to the wood.

"If they're cutting the stuff down and it's going to be some while before it gets chipped, we might want to think about stacking it at the entrance to the park and see if anyone wants it," Nenshi said.

Free firewood abounds following a September snowfall that downed thousands of branches. ROBSON FLETCHER/METRO

Roughly five million kilograms of tree debris had been collected as of Sunday, according to waste and recycling services director Dave Griffiths, who said it will be stockpiled to be mulched or otherwise recycled. ROBSON FLETCHER/METRO

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Leaders kick off campaign by pitching to middle class

October 2015 election. Political manoeuvring comes as Parliament resumed on Monday

Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa.
ADRIAN WYLD/THE CANADIAN PRESS

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of $15 per hour, which would be phased in over a five-year period.

Trudeau, meanwhile, had his own proposal: Giving businesses that hire additional employees a two-year exemption from paying EI premiums for their new workers.

THE CANADIAN PRESS

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

Goal scored. Transgender hockey players can choose their own dressing rooms

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender.

For Thompson, an avid hockey player now in Grade 12, the issue became acute about four or five years ago when he hit puberty.

Thompson's mother, Ailsa Thompson, said it was "very upsetting" when a coach booted her son from the boys' dressing room on the basis that "she's a girl."

THE CANADIAN PRESS

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

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Hurricane blasts Mexico's Baja California Sur

A woman looks at what remains of her house after it was destroyed on Monday by Hurricane Odile in Los Cabos, a city in the state of Baja California Sur, in Mexico. Hundreds of houses in poor neighbourhoods were destroyed by the hurricane. Authorities evacuated coastal areas and readied shelters for up to 30,000 people, while Mexico's Interior Ministry declared a state of natural disaster for affected areas in Baja California Sur. At least 22 airline flights were cancelled. Some tourists camped out at the Los Cabos international airport hoping to get out before the storm, but the facility shut down all air operations late Monday afternoon. THE ASSOCIATED PRESS

Suspense film arouses brain in vegetative state

London, Ont.
Researchers at Western University used an Alfred Hitchcock movie to show patient in unresponsive state may be 'consciously aware'

Alfred Hitchcock in May 1972. AFP/GETTY IMAGES FILE

The original master of suspense is helping Western University researchers in London, Ont., gain a better understanding of patients in vegetative states.

Researchers at the university's Brain and Mind Institute put a group of healthy people in an MRI scanner alongside someone who had been unresponsive for 16 years.

Then they switched on an Alfred Hitchcock flick.

Brain activity for most of the healthy patients in the screening synchronized and was similar to patterns displayed by the unresponsive patient.

The results, researchers suggest, show that the patient was "consciously aware" and likely understood the movie.

"For the first time, we show that a patient with unknown levels of consciousness can monitor and analyze information from their environment, in the same way as healthy individuals," said Lorina Naci, a postdoctoral fellow and lead researcher on the new study.

"We already know that up to one in five of these patients are misdiagnosed as being unconscious and this new technique may reveal that that number is even higher."

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Scotland's vote appears split on generation lines

Referendum. Young Scots tend to favour independence; older ones say they want to keep things as they are

Across Scotland, dinner table talk is getting heated as families argue over how to vote in Scotland's independence referendum. A generation gap has opened up, with younger voters more inclined to back independence and their elders tending to say they want to remain in the United Kingdom.

Support for the status quo is strongest among the over-60s, who worry about the consequences that breaking free would have on pensions, health care and savings; the pro-independence movement is largely being driven by under-40s. Neck-and-neck in the polls, the rival campaigns have called on core supporters to make a last-ditch attempt to swing the vote by making the debate a family affair.

The young have been urged to visit parents and grandparents to explain why they should support separation. The No camp has launched a counteroffensive by asking seniors to win young hearts and minds with their wisdom.

Interest in the referendum is sky-high. A total of 4,285,323 people, or 97 per cent of the voting-age population, have registered to vote in the referendum.

The over-60s

Some polls suggest the No camp is trailing in every age group except the over-60s.

- Opinion surveys indicate more than 63 per cent of the over-60s age group is expected to vote in favour of the union.
- As older people are more likely to be on the electoral roll, there has been a huge drive to get younger people engaged in the Yes campaign.

Musician Bob Geldof delivers a speech Monday, during a pro-union rally at Trafalgar Square in London. Hundreds of supporters of the Let's Stay Together campaign gathered, ahead of a referendum on whether Scotland should be an independent country that will take place in Scotland on Thursday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Many people in the rest of Britain have recently awakened to the possibility that Scotland might leave. Thousands of Union Jack-waving demonstrators gathered in London's Trafalgar Square on Monday in a last-minute show of affection for England's northern neighbour.

Musician Bob Geldof and comedian Eddie Izzard were among speakers at a rally that organizer Dan Snow said was designed to show "that England cares."

Among the electorate deciding Scotland's fate are 124,000 16- and 17-year-olds who will be voting for the first time. Many of these new voters are expected to support independence. But conventional wisdom holds that older voters are more likely to actually cast their ballots.

THE ASSOCIATED PRESS

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This is a fantastic opportunity for people looking to gain some excellent introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration.

Anyone is welcome to attend. Event is free, but registration is required.
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Residents look at a sign with the words "China's First Cellphone Lane" written on it, explaining the use of a lane separating those using their phones and those who don't. The Chinese city took a cue from a U.S. TV program and created a sidewalk with separate lane for those whose eyes are consistently glued to their smartphones. THE ASSOCIATED PRESS

Smartphone lanes promote device safety

Prohibited cell use.
Tongue-in-cheek sidewalks highlight the dangers of walking and using your cellphone

Taking a cue from an American TV program, the Chinese city of Chongqing has created a smartphone sidewalk lane, offering a path for those too engrossed in messaging and tweeting to watch where they're going.

But the property manager says it's intended to be ironic — to remind people that it's dangerous to tweet while walking the street.

Quoted

"There are lots of elderly people and children in our street, and walking with your cellphone may cause unnecessary collisions."

Nong Cheng, marketing official with Meixin Group, on pedestrians who walk and use their mobile devices

"There are lots of elderly people and children in our street, and walking with your cellphone may cause unnecessary collisions here," said Nong Cheng, the marketing official with Meixin Group, which manages the area in the city's entertainment zone.

Meixin has marked a 50-metre stretch of pavement with two lanes: One that prohibits cellphone use next to one that allows pedestrians to use them — at their own risk.

Nong said the idea came from a similar stretch of pavement in Washington D.C. created by National Geographic Television in July as part of a behaviour experiment.

She said that pedestrians were not taking the new lanes seriously, but that many were snapping pictures of the signs and sidewalk.

"Those using their cellphones, of course, have not heeded the markings on the pavement," she said. "They don't notice them."

THE ASSOCIATED PRESS

Space daredevils

Europeans to try comet landing

Scientists at the European Space Agency have announced the spot where they will attempt the first landing on a comet hurtling through space at 55,000 km/h.

The manoeuvre is one of the key moments in the decade-long mission to examine comet 67P/Churyumov-Gerasimenko and learn more about the origins and evolution of objects in the universe.

"This is absolutely a unique mission," said mission manager Fred Jansen, comparing the complexity of landing on the four-kilometre wide comet with that of landing on the moon or Mars.

The unmanned Rosetta probe has been flying alongside 67P since August, sending back high-resolution images that allowed scientists to shortlist five possible landing sites, identifying one as their chief choice for now.

There are still risks with the attempt, as the team won't know the particulars of the comet's surface until the mission begins. Despite the challenges, there will be no dress rehearsal.

"Time has come to make it happen," said Rosetta flight director Andrea Accomazzo.

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Flying off the handle

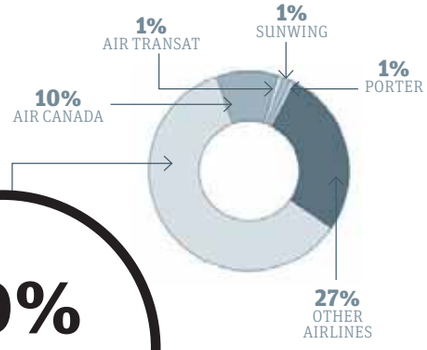
How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE
luke.simcoe@metronews.ca

25%
Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



60%
Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- **WJA426 from Edmonton to Toronto** appears in the list nine times.
- **WestJet flights from Fort McMurray, Alta.,** to Edmonton appear four times.
- **WestJet flights from Nassau, Bahamas, to Toronto** appear four times.

ISTOCK PHOTO

0.06%
To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.

• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.

• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."

• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.

• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Planes, pains and utter ordeals

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with women in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card. The city's human rights commissioner, Patricia Gatling, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious communities, among them some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres.

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers. Mateo said female drivers registered with her app are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

"It's sometimes a little difficult to keep up with the demands," said Richard Tinel, assistant administrator at Brooklyn Radio Dispatch, which has about 10 women driving. "We lose a lot of calls because we don't have enough."

Mateo also hopes the app will spur more women to join the profession. "We're not looking to take over the industry, we're just looking to raise the number," Mateo said.

Dinorah Decruz, 64, of East Meadow on Long Island, said the app made her decide to get back to driving after stopping about a year ago. She said she had some safety concerns and was almost robbed by a man once.

She said focusing on women passengers makes her more comfortable. "I like the idea," she said. "It feels safe."

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.50¢ (+0.36¢)

TSX 15,482.56 (-49.02)

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iPhones hit record orders

Apple had more than four million advance orders of its new, larger iPhones in the first 24 hours, exceeding its initial supply, the company said Monday.

The iPhone 6 and iPhone 6 Plus will be delivered to customers starting Friday and throughout September, but many won't be delivered until October, Apple said. Phones will still be available Friday on a walk-in basis at Apple retail stores and from various wireless carriers and authorized Apple resellers.

Apple's website had intermittent outages last Friday because of heavy traffic as orders began online. The company said the four million orders set a new 24-hour record, beating the two million orders in 2012.

THE ASSOCIATED PRESS

Apple CEO Tim Cook MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. In February, Heineken reported a 52 per cent fall in net profit for 2013, to 1.36 billion euros from 2012, when it booked a one-time gain of 1.49 billion euros on its Asian Pacific Breweries business.

TASOS KATOPODIS/
GETTY IMAGES FOR HEINEKEN

WestJet Airlines

Destination: More fees

WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag, on flights within Canada and to the United States.

The new fee, ranging between $25 and $29.50 depending on provincial taxes, will apply to all new bookings starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29. THE CANADIAN PRESS

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THE HEIGHT OF DISCRIMINATION

SHE SAYS

Jessica Napier
metronews.ca

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book Blink, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

First Filipino Humboldt penguin

A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be overfishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

metro AR

Window into the wasp lifestyle

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY FILE

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!

@Danomite36: Halloween Candy?

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 20 in Life and page 34 in Sports.

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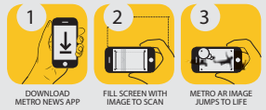

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DVD review

The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit Seducing Dr. Lewis, but there's no stealth about The Grand Seduction's real desire. Director Don McKellar (Last Night) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and The Grand Seduction aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

From the marines to making movie magic

From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in This Is Where I Leave You, which opens Friday. CONTRIBUTED

Adam Driver. This Is Where I Leave You star's experience in the military allowed him to better relate to his latest film role

RICHARD CROUSE
scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the This Is Where I Leave You star.

An injury during a training exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them.

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of Girls, worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His This Is Where I Leave You co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including Hungry Hearts, a film that won him the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called Star Wars Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character.

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa.

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

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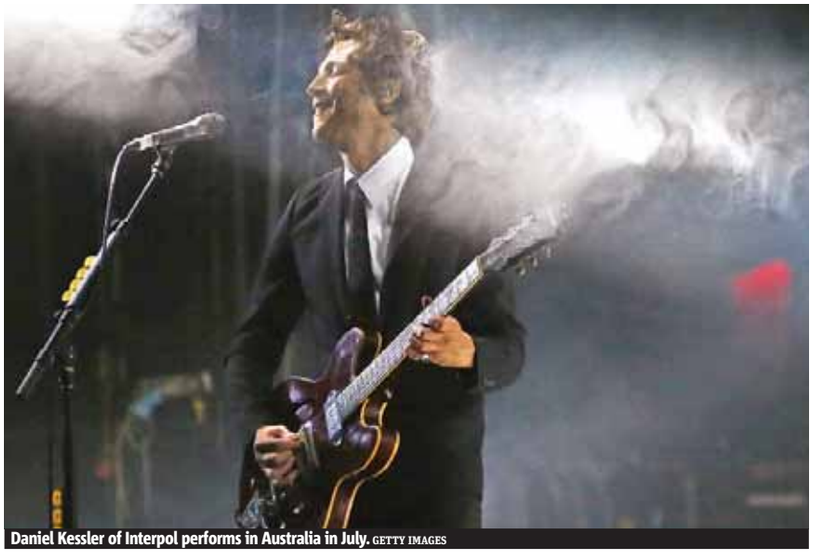
Interpol paints some raw rock 'n' roll

El Pintor. Band's new album a throwback to their 2002 debut Turn on the Bright Lights — released on the cusp of the digital age



Daniel Kessler of Interpol performs in Australia in July. GETTY IMAGES

When Interpol released its first album of dark, but refined, rock, the iPod had just been born, Facebook didn't exist and many fans still discovered bands at small, smoky clubs.

As the New Yorkers head on tour to promote their fifth album, El Pintor, guitarist Daniel Kessler believes that Interpol came of age at just the right time: When bands could hone a sound and craft a full record, to be bought in stores instead of instantly downloaded by the single.

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all," Kessler says in the lobby of a plush hotel in Manhattan's Bowery, still a dicey neighbourhood when Interpol was starting in nearby clubs.

"The way the band came to be is closer to the old way of the music industry," he said. "Afterwards, it felt like Bastille Day a little bit, in a way."

Kessler, who turns 40 this month, hastened to add that he sees positives to the new music environment — fans in faraway places without record stores can readily discover artists, and labels have a tougher time padding out weak albums by seizing on one-off hits.

But for Kessler, Interpol is without doubt "an album band," saying: "On an artistic level, an album is kind of like a book and all of the songs support the overall picture."

Quoted

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all."

Interpol guitarist Daniel Kessler on the early days of Interpol

On El Pintor, Interpol sets the album's tone immediately with the aptly titled opening track, All the Rage Back Home. The song starts gently with Paul Banks' melancholy voice, before a sudden thrust into slam-danceable post-punk as Sam Fogarino's drums bring the song to a furious finale.

The album harks back to Interpol's 2002 debut Turn on the Bright Lights and the 2004 follow-up Antics, when the band's grand but gloomy sound brought frequent comparisons to Joy Division. But Interpol, who take the stage in dark suits, also pursued a sleeker esthetic.

El Pintor — an anagram for Interpol which means "the painter" in Spanish — is the band's first album as a trio. Carlos Dengler, whose staccato bass lines drove early Interpol, left after recording the last, self-titled album in 2010, which the former bandmate led in a more experimental direction with greater use of keyboards.

For El Pintor, singer Banks took over on bass. Kessler said that the band members never talked through their sound — instead just letting songs come together naturally — but realized that they didn't need much keyboard.

"We didn't make the songs more complicated than need be," he said. "It's a pretty raw rock 'n' roll record at the end of the day."

AFP

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Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento, the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Martha doesn't hold back heat when grilled about Gwyneth

NED EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

Football's most famous hopes voters in Scotland say 'No' to independence

David Beckham

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

Beckham played for Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

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Mama said knock this unique cardio routine out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA SZYDLO
life@metronews.ca

metro AR Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work out four days a week, two of those days can be devoted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on Degrassi: The Next Generation, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer," she says of the addition to her workout, which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the obvious stress relief and aggression release that comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beating your best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

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Answers to common health questions

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three:

Can a cold compress reduce bruising?
Yes. When you bang into something, tiny blood vessels break under your skin, and blood then forms puddles that show up as a bruise. To treat this, elevate the area and apply a cold compress for 15 to 20 minutes (any longer could damage your skin). Wait at least two hours, then reapply it. Other possible treatments include bromelain and topical arnica cream or gel. To reduce bruising risk, try vitamin C.

Can you build more muscle by eating lots of protein?
No. Protein is essential to most bodily functions and helps preserve lean muscle mass, which keeps your metabolism from slowing. Recommended protein intake is 0.4 grams per pound of body weight if you are moderately active, and one to two grams per pound if you're really pumping iron. But getting more than that won't give you extra muscle-building benefits. (Tip: At breakfast, experts advise getting 25 grams of protein.)

Avoid crossing your legs when you have your blood pressure measured. ISTOCK

Is crossing your legs a bad habit?
Maybe. According to a study published in Blood Pressure Monitoring, hypertensive patients should avoid crossing their legs while having their blood pressure taken, as it has been found to raise both systolic and diastolic blood pressure. In non-hypertensive patients, only the systolic pressure rose. The higher numbers could lead to an increased estimation of cardiovascular risk. So keep your feet flat on the floor when getting your blood pressure measured.

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To hear from Shannon herself, scan her photo with your Metro app.

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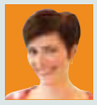
Buck pasta tradition with zoodles

Health Solutions

Any day is a good day for zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

Zucchini + basil + Parmesan

Zucchini + red peppers + eggplant + onions + tomatoes

Zucchini + olive oil + salt + pepper + oregano

Zucchini + feta + lemon + olive oil

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

Zucchini Zoodles with Pesto and Shrimp.

This pasta alternative is simple to make

THERESA ALBERT
myfriendinfood.com

This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 minutes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

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This recipe serves four. PRODUCEMADESIMPLE.CA

Serving options

- **Raw.** Squeeze out excess water using paper towels or let the zoodles rest in a colander for 15-20 minutes to let excess water drip out.
- **Sautéed.** Add 1 tsp oil or butter to a skillet and gently heat zoodles on medium-high heat for about 5 minutes. This creates a slightly crispier texture than if boiled or microwaved.
- **Boiled.** Add zoodles to simmering water for approximately 2 minutes. Strain and serve.
- **Microwaved.** Microwave zoodles in a vented / covered, microwave-safe dish for approx. 2 min. Drain excess water and serve.

Ingredients

Zoodles
- 4 medium zucchini

Zoodles with Pesto and Shrimp
- 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2.5 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces

This recipe for Cheesy Zucchini Fries with Smoked Paprika Dipping Sauce serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Zucchini steals potato's thunder

1. Heat oven to 450 F. Coat a rimmed baking sheet with olive oil cooking spray.

2. In skillet over medium heat, cook panko, stirring until toasted, 3 mins. Transfer to shallow bowl and stir in the Parmesan cheese and the oil.

3. In another shallow bowl, combine flour with garlic powder, then season it with salt and pepper. In a third shallow bowl place the egg mixture.

4. Working with several zucchini sticks at once, toss in flour, shaking off excess. Add flour-coated zucchini to egg mix and toss to coat well, letting excess egg drip off. Finally, place in panko mix, tossing to make sure coated on all sides. Arrange coated sticks in single layer on prepared baking sheet.

5. Bake, turning once, until golden and tender, 8 minutes.

6. While zucchini is baking, in bowl stir mayo, lemon juice, garlic and paprika. Season with salt and pepper. Sprinkle cooked zucchini lightly with salt and pepper. Transfer to platter and serve immediately with sauce. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 cup panko bread crumbs
- 5 tbsp grated Parmesan cheese
- 2 tbsp extra-virgin olive oil
- 1/3 cup all-purpose flour
- 1 tsp garlic powder
- Salt and ground black pepper
- 1 large egg, beaten lightly with 1 tbsp water
- 3/4 lb zucchini, peeled and cut into 16 equal sticks
- 1/4 cup light mayonnaise
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp hot smoked paprika

LEARNING CURVE

Enhance your studies

Activities outside the classroom can complement learning

SHUTTERSTOCK

College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to study outside instead of in your room or the library, and some professors and instructors might hold an occasional class in a courtyard or another outdoor setting — after all, they like the fresh, fall air, too.

If your motivation is waning and you feel tempted to skip class, it helps to recognize the long-term value of your education — and to remember that it doesn't come cheaply.

"Yes, it may be beautiful outside, but you have to remind yourself that your education is more important than going to the beach until October," Skiptunis says.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.

College and university campuses offer lots of opportunities to get involved in your school community outside of the classroom. Being part of a varsity sports team, theatre troupe or environmental group will help you discover what you are passionate about, for starters.

– Jane Doucet

"My brain is the key that sets me free."

› **Harry Houdini:** ***Contorting Non-conformist***

Ironically, a constrictive education didn't appeal to Houdini. Instead, he used his mastery of self-motivation to escape a childhood of poverty and became an independent learner on his own terms.

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Gain the necessary skills and experience

Train for a career as health-care aide at ABES

A career as a health-care aide is a career that makes a difference in the lives of the patients for which you care.

Through the health-care aide program at ABES (Alberta Business and Educational Services), individuals can become fully qualified to work in a hospital, nursing home, group home, or care facility in just 21 weeks.

"Throughout the years, ABES has responded to our partners' and employers' demands for highly trained health-care aides," says Julie Wright, campus director, ABES.

This full-time program will provide students with all the skills and practical experience necessary to work as a government of Alberta approved health-care aide.

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, Alberta Human Services and works directly with local employers to better understand all of its requirements for employees.

"ABES is the best place to take health-care aide training in Calgary," Wright says. "We use both classroom instruction and hands-on clinical training to give our graduates the confidence and experience they need to enter the workforce."

By the time students graduate from the program, they will have completed at least three clinical rotations arranged throughout the program.

All ABES program practicums are arranged and set up by the school.

In addition to the government of Alberta health-care aide certificate, graduates also receive certificates in St. John Ambulance first aid, CPR, and St. John Ambulance defibrillation, WHIMIS, Foodsafe, palliative care, foot care, diabetes care, medication administration, and supportive pathways. Each of these certificates remains critical to the long-term success as a health-care aide working in Alberta.

"These comprehensive certifications will ensure that you have the qualifications you need to work at any location you prefer," Wright says.

"We also offer additional certifications to meet employers' specific requirements."

Programs start every five weeks and are offered during the days, evening or weekends.

For more information, visit abes.ca.

MORE THAN 1,500 GRADUATES

ABES has been training health-care aides since 2001. Since that time, the government of Alberta health-care aide program has graduated more than 1,500 health-care aides in the Calgary area. Employment rates for graduates have routinely exceeded 95 per cent.

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Athabasca University leads the way in university level online distance education. The school's online courses and degree programs fit into your busy life, giving you the opportunity to head back to school without having to put your life on hold. AU offers flexible start dates, open admission and an innovative learning experience.

When Jennifer Ward wanted to earn a master's degree but couldn't quit her job to go back to school, she turned to Athabasca University. And with the freedom that AU gave her — along with the knowledge she acquired from her AU education — she built her career without putting it on hold and filled her life with new achievements: Created a life skills program for youth on reserves; landed a new job as an Aboriginal youth mentor; and had a baby.

"I became more confident in my own thoughts and experiences," Ward says. "I felt like through the master's program, it was OK to be me. I didn't have to be one of the students. I could be me. In my BA, I always felt like a number."

Jennifer Ward with her husband at her Athabasca University graduation. CONTRIBUTED

And how did she feel about doing her master of arts online?

"I felt like it was better than face-to-face education," she says. "People would be more open because they're writing, and you really got to hash things out. People understood this was learning. It felt face-to-face in a way, especially when we were collaborating."

That mind-opening conversation, combined with professors she describes as "fabulous" and a program so flexible that she could check into a course at 3 a.m. if she wanted, meant that Ward truly missed her program when it was over.

"I felt like my growth was exponential. If you're the type of person who wants to get the most out of it, you really have that opportunity."

For more information about AU, please visit athabascau.ca/houdini.

MBA can provide a strategic approach

Fernando Garcia spent four sleep-deprived years earning his MBA, while working top jobs as general counsel for Navistar and then for Nissan. He already had three degrees under his belt, but believed an MBA would give him an added edge around the boardroom table.

"I wanted to bring a more strategic and business-minded approach to my legal practice," Garcia says. He was 34 and a father to three-year-old twins when he enrolled in the part-time MBA program at Wilfrid Laurier University.

"The time was right to do this," he says. "If I waited much longer, I figured my kids would notice my absence more as they got older."

Garcia completed the program in April. He estimates his school workload required as much as 20 additional hours a week, on top of his full-time job.

"As a lawyer, you are often brought in when the fire is raging; I wanted to be involved in issues before the fire even got started," Garcia says of his desire to further round out his education. "An MBA allows you to understand things at a business level so that, when you are giving legal advice, you understand how it will be applied in day-to-day business. It gives you that extra element of credibility."

"AN MBA ALLOWS YOU TO UNDERSTAND THINGS AT A BUSINESS LEVEL SO THAT, WHEN YOU ARE GIVING LEGAL ADVICE, YOU UNDERSTAND HOW IT WILL BE APPLIED IN DAY-TO-DAY BUSINESS."

– Fernando Garcia

Garcia had difficulty adjusting to school life in Canada when he emigrated from Paraguay at the age of nine, but, years later, he managed to get into McMaster University, where he earned a BA in labour relations. Later, he earned a master's in industrial relations at the University of Toronto, and his law degree from McGill University.

Fernando Garcia. NICK KOZAK/FOR METRO

"I see my education as a three-legged stool — one leg is the industrial relations or human element. Another is the legal expertise, and the last is the deep business understanding I've gained with getting an MBA. Every company needs these three components."

– Anne Bokma

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NEW CAMBROOKS PROGRAM

DENTAL OFFICE ADMINISTRATION

While September may seem like the perfect time to head back to school, October is even better. Starting Oct. 13, Cambrooks College will begin classes in its brand new dental office administration program, as well as the medical office administration, and health-care aide programs.

"We welcome all into our programs, even if they have been out of school for many years, never been to any secondary school, or just looking to change careers," says Pamela Paul, programs manager at Cambrooks College.

The new dental office administration program is full time and 38 weeks in length.

Cambrooks maintains small class sizes to make instructors available to all students, both as a group and one-on-one.

"We have been very successful using this method of teaching," Paul says.

All programs, including the new dental office administration program, are taught by active professionals in the field to give students the most current and relevant industry information.

Paul says financial aide is available for students.

"The government of Alberta is happy to assist with financing students looking to change careers or gain more knowledge in all of these areas," Paul says.

For more information, visit cambrooks.ca.

SHUTTERSTOCK

SHUTTERSTOCK

MH Vicars curriculum meets national standards

Not all massage therapy schools are created equal.

Alberta has never had official curriculum requirements for massage colleges, or even entry-to-practice requirements for therapists. This has meant that the quality of education varies widely. But things are gradually changing.

A national massage therapy curriculum standard was recently created, and Alberta has its first independent and impartial program evaluation process in the Massage Therapist Association of Alberta's (MTAA) new approved school/program list.

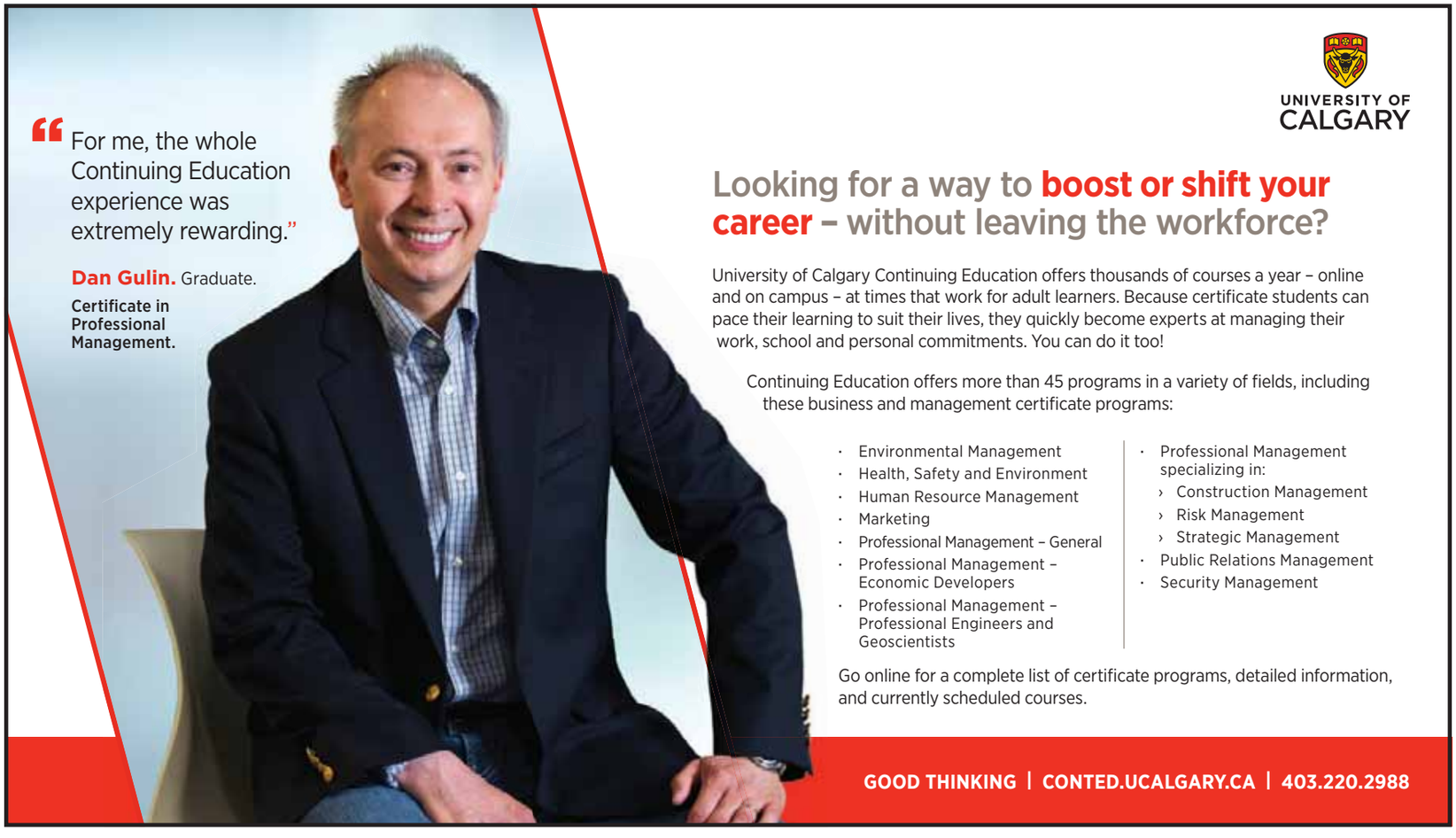
"The national curriculum was an important step, but compliance is still voluntary," says Maryhelen Vicars, president of MH Vicars School of Massage Therapy. "It's wonderful to have an unbiased organization to act as a watchdog."

MH Vicars is the only private massage school in Alberta whose curriculum meets the national standard, and was the first school to achieve MTAA approval.

"From a practitioner's standpoint, being trained to the same minimum standard as everyone else in the country is huge," says Christy Pritchard, MTAA executive director. "But there are schools that, unfortunately, aren't going to do it until they have to. And that's why it's such an advantage what MH Vicars has done. And it shows the commitment they have to the profession at large."

MH Vicars School has campuses in Edmonton and Calgary. Classes begin in January.

For more, visit mhvicarsschool.com.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Keep 'tools' sharp at seminar

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The new professional management seminar series is being offered this fall in response to strong demand for Mount Royal University's leadership development training excellence.

The professional management seminar series provides learners with an opportunity to enhance their professional and personal lives through one-day seminars covering a variety of essential management tools and leadership strategies.

"In today's fast-paced and competitive job market, it's essential to keep our tools sharp and our tool kits full," says Joanne Leskow, senior organizational designer, MRU instructor and corporate culture crusader.

"The professional management seminar series is an excellent introduction for those contemplating or entering a management role and/or a great refresher for experienced leaders."

These seminars will provide an introduction to timely management and leadership concepts and practical tools to advance careers with confidence.

Learners can choose from a menu of 13 offerings, and only require six modules for a certificate of completion.

"We anticipate learners will enrol in most or all courses, given the relevance of the material to career enhancement," Leskow says.

The sessions are just one day each, which is easier for some individuals and organizations to attend.

"Feedback from previous MRU learners encouraged us to shape an offering around requirements for single-day sessions in addition to the two-day leadership, and change management courses offered in business and professional education, faculty of continuing education," Leskow says. "The professional management seminar series provides learners with an opportunity to learn and be inspired with like-minded people in an environment of confidence and excellence."

For more information about the professional management seminar series, visit conted.mtroyal.ca/professional.

HANDS-ON SKILLS WITH MRU

Get hands on with a massage therapy diploma from Mount Royal University.

"Massage therapy is a health-care profession that is in high demand," says Gillian Lebel, program co-ordinator. "It is a great choice for anyone seeking a career that allows flexibility, an opportunity to be your own boss and the chance to help people."

The Mount Royal University 2,200-hour massage therapy diploma is designed to prepare its graduates for entry into professional practice. The diploma teaches to the competencies set by the regulated provinces and prepares students to be able to work from home, have a mobile business or work in a spa or clinic.

These include advanced techniques, scope of practice, ethics, communication and research in addition to anatomy, physiology, pathology and nutrition.

Lebel says hands-on training is a crucial component of the program.

"From our student-run practicum centre to off-site community outreaches, our students have the opportunity to work with a wide range of clients with varying conditions," Lebel says.

The state-of-the-art student-run practicum centre features private treatment rooms.

The donations received from the treatments support the massage therapy student scholarship fund that awards 12 $1,000 scholarships to students, who are chosen based on academic performance.

CONTRIBUTED

Research is also a strong focus in the program. Students are engaged in research activity that includes a case study, and their findings are presented to a panel and peer review.

This year, MRU is a proud sponsor of the 2014 IN-CAM Massage Therapy student research poster competition at the IN-CAM Research Symposium being hosted in Calgary (incamresearch.ca).

"Mount Royal graduates are highly sought after in the massage therapy profession because of the rigour of their training," Lebel says. "Employers may advertise available positions free of charge on our website and we also host an annual career fair."

The next intake is January 2015 and applications are being accepted.

For more information about the massage therapy diploma, visit conted.mtroyal.ca/massage.

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A new career awaits you at U of Calgary

For those who have earned a degree in one field, but find themselves interested in something completely different, the answer might be the University of Calgary continuing education.

When Kieu-Trinh Phan-Nguyen graduated in 2010 from UCalgary with a BA in sociology, she had no idea that less than a year later she would be back to launch a new career. And less than two years later, she would graduate again, this time with a marketing certificate from continuing education.

While still working on her undergraduate degree, Phan-Nguyen began working part time in an administrative position with a local liquor distributor, and eventually took on some of the sales and marketing tasks for this business-to-business company.

"I liked what I was doing, so when a marketing position became available, I asked them if they would consider me for the job," Phan-Nguyen says. "I told them that I was willing to go back to school to earn a related credential.

"They agreed and, four months later, I began taking courses in the marketing certificate program. I burned through it in a year."

Completing a 300-hour certificate program in such a short time wouldn't be possible for many people, and isn't usually recommended by continuing education's student advisers, but Phan-Nguyen believed it was a time in her life when she could make it work, so she worked at her job in the day, and took her courses in the evenings — in the classroom and online.

"It was a time in my life when it was possible," Phan-Nguyen says. "I found the con-ed instructors so accommodating and flexible because they know students are working."

Phan-Nguyen says she found the continuing education courses interesting because the instructors had real-life examples to share.

"For our projects, we could choose examples from our own workplaces," Phan-Nguyen says. "The lectures were always excellent."

Phan-Nguyen's employer was equally pleased with her studies.

"It all worked out very well," Phan-Nguyen says. "I was able to bring ideas back to my company as everything I was learning was so applicable to our work."

For more information about UCalgary continuing education, visit conted.ucalgary.ca.

Kieu-Trinh Phan-Nguyen. CONTRIBUTED

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"The program is a great fit for students who value the importance of helping individuals they work with, find their learning style and become successful in their education, which allows them to grow and be successful in their lives as future Albertans," says Tobias Mwandala, director, human services professional programs, Columbia College.

Students will gain a solid foundation of theory and practice, preparing them to work in a local school or other educational settings by giving them practical strategies to support cognitive, behavioural and social learning of students from kindergarten to adults.

There will also be a special focus on inclusive educational practices for students with special needs.

Both of these programs will allow graduates to work in various public and private schools. Graduates will also have the option of working in adult education schools, community centres, after-school programs, and tutoring organizations.

For more information, visit columbia.ab.ca.

ABM College supports its students after graduation

Including seminars

The best way to tell if a student has succeeded is by the job they get after graduation.

ABM College provides students with an education that gets you hired.

To achieve this, ABM offers students a number of employment support programs to assist them in securing a job after they have completed their program.

One of these support programs is the job search seminar during the last week of class.

"You can't just go ask for a job, you have to have a resumé and be prepared for an interview," says Muriel Shewchuk, instructor and quality co-ordinator, ABM. "So we teach them how to write resumés, how to dress and how to behave at an interview."

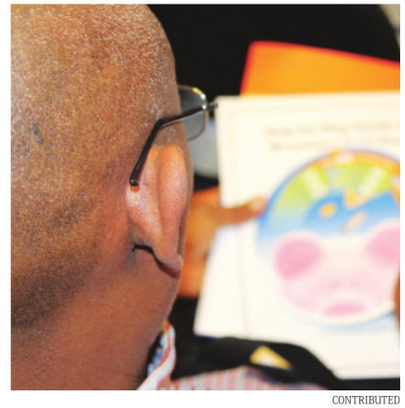
Shewchuk says many of ABM's students are immigrants to Canada and may not know how to search for jobs or to create a network. This seminar aims to teach students these skills.

Another way ABM is invested in the futures of its students is through practicum and internship placements offered in every ABM program.

"All students need to have experience in the field and practicums give you a real-life picture," says Nasreen Sadiq, registrar, ABM.

Sadiq says these placements help students gain experience in their field of training, as well as references for their resumés for when they begin their job searches.

For more, visit abmcollege.com.



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Bow Valley College (BVC) helps students become the best they can be, to grow, and to make a difference. A BVC education is designed to get you into the work world faster, with qualifications that will lead to success. In fact, the majority of the school's graduates find employment in their fields within six months of graduation.

Calgary's only comprehensive community college completed a significant expansion in 2013. The more than $290-million transformation created one of Western Canada's leading educational institutions, serving more than 14,000 learners on three campuses and 20 regional centres in Alberta.

It's a place you can soar, graduating with a work-ready education in one year for a certificate, or two years for a diploma. Choose from the vital fields of business, health care, justice, human services and administration.

Bow Valley College is focused on creating an environment where students can triumph.

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OPEN HOUSE

Bow Valley College will host an open house Oct. 18.

The north and south campuses are full of the vibrant opportunities for which you are looking. The west campus is expected to be complete by the new year. Tour the school's state-of-the-art facilities and explore rewarding career opportunities in administration, business, health care, justice and human services.

The open house will be held Oct. 18 from 10 a.m. to 3 p.m. at the downtown campus (345–6th Ave. SE).

You can become a work-ready graduate in a vital field, motivated and eager to get the job done.

You will begin your journey to a successful future. Bow Valley College does more than help people make a living — the school helps them make a life.

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Earn greater dividends with a degree

Economy of future will be driven by innovation

A bachelor's degree in engineering can instantly translate into a high-paying job in Alberta's strong economy. But those who stay in school, pursuing master's and PhD degrees, can earn even greater dividends in the long term, both for themselves and for the province's economy as a whole.

Across North America, research shows that postgraduate degree holders attract higher average starting salaries and advance to leadership roles more quickly.

"Additional education will provide substantial financial and job satisfaction returns to engineers over the course of their careers," says Steve Dew, associate dean of engineering at the University of Alberta.

Canada needs to do a better job of developing its top engineering prospects if standards of living are to remain high in this country, Dew says.

"Our ability to compete globally in a technological world depends on how sophisticated and innovative our engineers are."

Both the OECD and the Conference Board of Canada report that Canada is producing fewer PhDs per capita than almost any other developed country.

"The economy of the future will be driven by innovation and knowledge, and innovative R&D is largely conducted by postgraduate degree holders," Dew says. "Canada will need more master's and PhDs in engineering to compete."

Opportunities for engineers with advanced degrees are growing. Engineers Canada reports that 95,000 Canadian engineers will retire by 2020. The most seasoned experts are about to leave the workforce, taking with them decades of experience, knowledge, and leadership.

To turn the tide, the Canadian Graduate Engineering Consortium was formed when leading Canadian engineering schools — the University of Alberta, the University of British Columbia, McGill University, the University of Toronto and the University of Waterloo — decided the problem was too complex for them to tackle on their own.

The consortium's national tour starts in Edmonton on Sept. 30 and aims to recruit future leaders, placing Canada at the forefront of engineering innovation and expertise.

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SHUTTERSTOCK

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Saturday, October 18

10:00 a.m. – 3:00 p.m.

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BOW VALLEY COLLEGE

SHUTTERSTOCK

Ovais Ahmed is scheduled to graduate in April 2016. NICK KOZAK/FOR METRO

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COMBAT TO COMMERCE

WAR VET EARNING A DEGREE ONLINE AT HIS OWN PACE

Like many kids fresh out of high school, Ovais Ahmed was unsure about what to do with his life — so much so that even offers from a couple of Ontario universities couldn't tempt him. So, at 19, on the advice of his father, a veteran of the Bosnian war, Ahmed joined the Canadian Armed Forces.

Now, 10 years later, Master Cpl. Ahmed has had experiences that have both taken their toll on him and given him direction for life in the civilian world.

It took Ahmed a couple of years to figure out what he wanted to do. With the army's help, he realized he had acquired many skills during his time in the military and wanted to formalize them with an education.

He looked around Toronto at various universities that could accommodate an army man looking to take courses in the evening, at his own pace, that would lead to a degree.

"Ryerson said, 'We have exactly what you need, and here it is,'" Ahmed says.

For Ahmed, Ryerson's G. Raymond Chang School of Continuing Education offered a schedule that meshed perfectly with his work and family obligations. He took courses through the summer and accelerated courses that are "a hard, quick grind for six weeks and then you have the rest of the summer to spend with your significant other."

Every course successfully completed is a transfer credit toward a degree.

This month, with the army's permission and support, Ahmed enters school as a second-year full-time student — an emotional achievement — in pursuit of his bachelor of commerce degree.

"It's amazing," he says. "In the beginning of the healing process I thought there would be nothing for me — the fact that I could not hold a weapon anymore or be in a tank."

Ahmed discovered that not only does he enjoy finance, it comes easily to him.

"What are the odds that some army grunt could actually crunch numbers?" he says with a laugh.

Ahmed is scheduled to graduate in April 2016. But that's likely only the first step for him.

"CGA or CA, you name it and I'll write it, depending on my path," he says.

For now, Ahmed feels as though he will be best suited to commercial accounting management, selling products to clients.

"I'd be coming in as a two-time Afghanistan war veteran, and a wounded one," he says. "I believe these attributes will be good for any company who will hire me as a veteran."

– Nora Underwood

NFL

Vikings reinstate Peterson despite felony charge

The Minnesota Vikings have seen the details. They have seen photos of the injuries that Adrian Peterson's four-year-old son suffered at the hands of the star running back.

The Vikings brought Peterson back to the team anyway even as the public furor over the NFL's approach to addressing domestic abuse reached a fever pitch.

The Vikings reinstated Peterson on Monday, one day after he sat out a 30-7 home loss to the New England Patriots after he was charged with a felony in Texas for using a wooden switch to spank his son. Peterson, who said he was using a form of discipline his father used on him as a boy, is expected to play against the New Orleans Saints on Sunday.

THE ASSOCIATED PRESS

South Africa

Pistorius free, for now, to compete after conviction

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country. THE ASSOCIATED PRESS

Eagles quarterback Nick Foles looks to pass against the Indianapolis Colts at Lucas Oil Stadium on Monday in Indianapolis, Ind. ANDY LYONS/GETTY IMAGES

Foles leads Eagles' late rally past Colts

Field goal win. Three quarters trailing till Andrew Luck's late interception

Nick Foles threw a tying touchdown pass with 3:25 to go, and then set up Cody Parkey for the winning 36-yard field goal as time expired, lifting Philadelphia to a 30-27 win at Indianapolis on Monday night.

Darren Sproles had seven receptions for 152 yards to go along with a touchdown run as the Eagles (2-0) won their first game on the road for the sixth consecutive season.

Indianapolis (0-2) has lost consecutive regular-season games for the first time since Andrew Luck and coach Chuck Pagano arrived in 2012.

The Colts led most of the night, including 27-20 late in the game. But Luck's late interception led to Foles' tying six-yard TD pass to Jeremy Maclin, and after another three-and-out by the Colts, Foles drove the Eagles into position for the winning field goal.

"We felt we had some plays (in the first half), we just couldn't make them," Eagles coach Chip Kelly said. "But we're going to play 60 minutes and we played 60 minutes."

"They made the plays they had to make. We just didn't play a 60-minute ball game," Pagano said. "Turnovers killed us. Big runs, big plays in the pass game, killed us."

Indy controlled most of the first three quarters, looking as if it would give Luck a respite from his late-game heroics. The Colts led most of the night, thanks to an unusually strong ground game.

But it just wasn't enough.

Luck wiped out a 3-0 deficit with a 1-yard TD pass to Bradshaw with 5:18 left in the first quarter. And after Parkey missed a 38-yard field goal, Luck set up Adam Vinatieri for a 46-yarder to make it 10-3 early in the second quarter.

When it looked as if the Colts might pull away following Vinatieri's 27-yard field goal midway through the third quarter, the Eagles rallied with the TDs from McCoy and Sproles.

"I just think we did a better job in the second half," Kelly said. THE ASSOCIATED PRESS

Willy absolutely can't shrug his shoulders

Blue Bombers' quarterback Drew Willy is nursing a shoulder injury that could force him to miss the team's next game. TOM SZCZERBOWSKI/GETTY IMAGES

Winnipeg quarterback Drew Willy's injured shoulder could make him miss the Blue Bombers' next game almost two weeks from now, and his future after that is unclear based on what the team said Monday.

The Bombers say Willy's status is week-to-week but that he's questionable for Winnipeg's next game at home against the Hamilton Tiger-Cats.

"He will be re-evaluated at the beginning of next week," the team said in a brief statement Monday. The team didn't provide any more information about the nature of the injury.

Willy's throwing shoulder was injured on what looked like a hit from Alex Bazzie and Khreem Smith, as Willy was sacked late in the second quarter in their 25-9 loss to the B.C. Lions Saturday.

After the game, coach Mike O'Shea suggested the injury might not be serious, although Willy watched from the sidelines in the second half as backup Brian Brohm struggled against B.C.'s defence.

Willy, 27, has been remarkably durable, or lucky, as far as injuries are concerned, with only a hand injury in practice that made him miss two games during college and none that have forced him out as a pro.

This season he has hardly missed a snap let alone a game, despite hits that have left him bruised and limping off the field at times.

It helps that this is Winnipeg's bye week, which gives the team and Willy some time to recover or prepare. They don't have to play again until Sept. 27. THE CANADIAN PRESS

4 SPORTS

O's beat Jays on march to AL East supremacy

MLB. Baltimore will be crowned division champs with win over Toronto on Tuesday

Orioles' right-fielder Nick Markakis makes a diving catch on a ball hit by John Mayberry Jr. on Monday in Baltimore. The Orioles roughed up Jays starter Marcus Stroman for nine hits and five runs, which included a Ryan Flaherty two-run home run, over six innings en route to a 5-2 win. PATRICK SMITH/GETTY IMAGES

It's time for the Baltimore Orioles to put the champagne on ice.

The Orioles moved to the brink of claiming their first AL East title in 17 years, using a resilient pitching performance by Wei-Yin Chen to beat the Toronto Blue Jays 5-2 Monday night.

Baltimore can clinch the division crown with a win over Toronto on Tuesday. That would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

"It's pretty special to come in here (Tuesday) and have a chance to do that," manager Buck Showalter said. "I've had a lot of sleepless nights for a lot of reasons, but tonight I look forward to losing that sleep. It's been a long hard grind to have that opportunity, and I'm looking forward to the chance to see our guys get a chance."

Baltimore (90-60) leads the AL East by 12-1/2 games, its biggest advantage since 1979. One more victory and the Orioles will be in celebration mode.

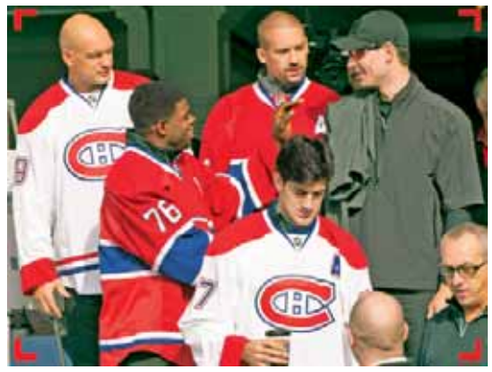
Chen (16-4) allowed two runs on nine hits over 5-2/3 innings to become the first Orioles lefty to win 16 games since Jimmy Key in 1997 — the year Baltimore last won the AL East. Although he yielded at least one hit in every inning but the second, Chen improved to 13-2 in 23 starts since May 9.

Zach Britton worked the ninth for his 35th save in 39 opportunities.

Jose Reyes had three hits and scored twice for the Blue Jays, whose wild-card chances shrink with every defeat.

"We've got a very slim outside shot to get to the playoffs, but we're fighting every night to try to win games," manager John Gibbons said. "But yeah, from that point of view, that's frustrating."

Blue Jays rookie Marcus Stroman (10-6) gave up five runs and nine hits in six innings. He won his previous three starts. THE ASSOCIATED PRESS



Habs happy to share the C

Debate raged all summer over who would be the next Canadiens' captain. And when the decision was announced Monday it was ... nobody. GM Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app for our list of top captains from Canadian teams. RYAN REMIORZ/THE CANADIAN PRESS

Post-surgery

Woods done strengthening workouts

Tiger Woods is too busy in the gym to find a new swing coach, or even swing a golf club.

Woods said Monday his strength has returned from "busting my butt in the gym pretty hard" and he is on schedule to resume competition in December. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus
April 21 - May 21
An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini
May 22 - June 21
If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer
June 22 - July 23
If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo
July 24 - Aug. 23
A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo
Aug. 24 - Sept. 23
Remember, it's not the quantity of work you get done today that matters wbut the quality. Do just one thing really well.

♎ Libra
Sept. 24 - Oct. 23
Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio
Oct. 24 - Nov. 22
You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

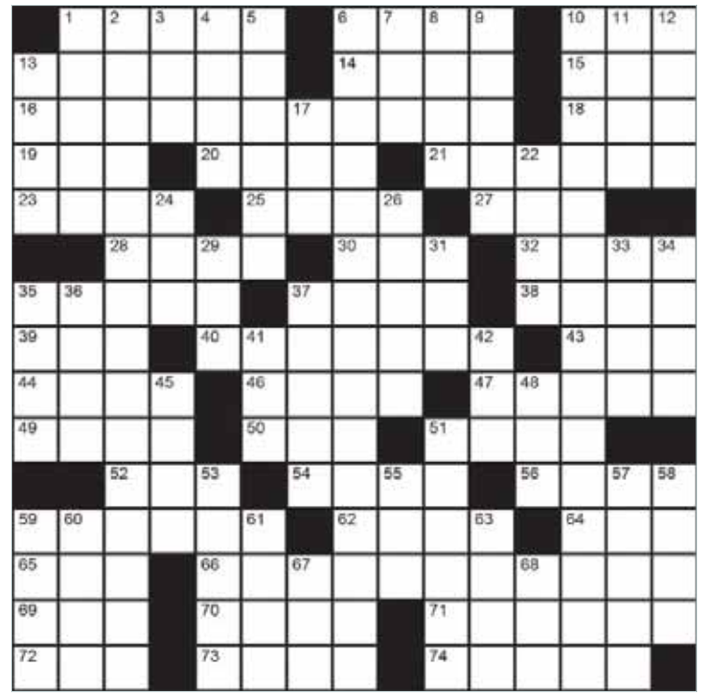
♐ Sagittarius
Nov. 23 - Dec. 21
Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn
Dec. 22 - Jan. 20
Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius
Jan. 21 - Feb. 19
A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces
Feb. 20 - March 20
Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

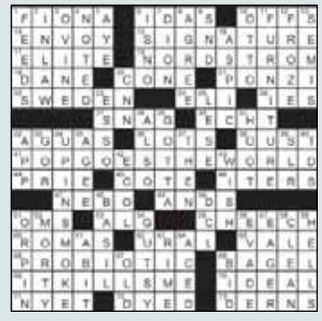
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mother Goose guy Jack
6. New Brunswick's motto: __ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs __
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. __ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '__ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The __ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece __ __ (Dessert helping)
49. "About a __" by Nirvana
50. Timber type that's tough
51. Caffeine nut
52. __ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank __.
59. Singer Ms. Grande
62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "__ Maria"
70. "It's _ __!" (2-2 game exclamation)
71. Campfire s'nacks
72. Apiece
73. Particular pulses
74. Ships' steerers

Down
1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie
5. __ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes
10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. __ _ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, _ _ _ Live
31. Function
33. Popular cuisine
34. __ Sound (Fjordy locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-__
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g.
59. "Pronto!"
60. Wander
61. Entr'__ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	9		3	4		
	3	9		6			2	
7		5				9	8	3
9			3		1			5
	7			5			4	
3			8		7			9
6	4	7				5		8
	1			8		6	9	
		8	4		6	2		

Yesterday's Sudoku

3	8	9	6	1	7	5	4	2
5	2	7	3	9	4	8	1	6
6	1	4	5	8	2	3	9	7
2	4	5	7	6	8	9	3	1
7	3	8	9	2	1	4	6	5
9	6	1	4	3	5	7	2	8
1	5	3	8	4	6	2	7	9
8	9	2	1	7	3	6	5	4
4	7	6	2	5	9	1	8	3

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